

# LUNCH

## February 2015

### You are Sweet hearts Ell-Saline!

#### Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* **monday**

\* **tuesday**

\* **wednesday**

\* **thursday**

\* **friday**

**School Information: All Bread products school made and purchased at Ell-Saline meet the Healthier Kansas Guideline of 51% or more Whole Grain. On this Month's menu that includes Pasta, Cereal, Rice, Buns, Tortilla, Tortilla chips, Bread sticks, Garlic or Cheese, Pizza Crust, Chicken and Beef Pattie/Nugget breading, Dinner Roll, Stromboli Squares, Cinnamon roll, Muffins, French toast, Waffles, Baels. Pizza and New this Month for Breakfast Fold And Go Taco. Let us Know how you like it!**

HAPPY VALENTINES DAY!  
FEBRUARY 14<sup>TH</sup>!

CHICKEN PATTY **2**  
POTATOES & GRAVY  
STEAMED BROCCOLI  
DICED PEARS  
ROLL & HONEY, MILK

LASAGNA **3**  
GARLIC BREAD STICK  
W/MARINARA SAUCE  
GARDEN SALAD, APPLE  
MILK, CHOC CHIP COOKIE

PEPPERONI PIZZA **4**  
TOSSED SALAD  
SLICED TOMATOES  
BANANA  
MILK

HOT HAM & CHEESE **5**  
POTATO WEDGE  
BABY CARROTS  
FRUIT COCKTAIL  
MILK

TACO BURGER **6**  
SALSA, LEAF LETTUCE  
TOMATO SLICES  
REFRIED BEANS, ORANGE  
MILK

BAKED CHICKEN LEG **9**  
SAVORY RICE  
Fresh Broccoli & Baby Carrots  
Oatmeal Roll & Jelly  
Pineapple Tidbits, Milk

HAMBURGER ON A BUN **10**  
LEAF LETTUCE, TOMATO  
BELL PEPPER STRIPS  
TRI TATER, ORANGE HALVES  
WACKY CAKE, MILK

CHICKEN TETRAZZINI **11**  
TOSSED SALAD  
SWEET PEAS  
APPLE QUARTERS,  
GARLIC BREAD, MILK

**12**  
NO SCHOOL TODAY  
Parent /Teacher Conferences

**13**  
NO SCHOOL TODAY

BBQ PULLED PORK **16**  
WG BUN  
BAKED BEANS  
SWEET POTATO TOTS  
BERRIES & BANANA, MILK

CRISPITO **17**  
TORTILLA CHIPS & SALSA  
REFRIED BEANS  
BROCCOLI FLORETS  
DICED PEARS, MILK

CHEESE BREADSTICKS **18**  
MARINARA SAUCE  
SEASONED CORN  
TOSSED SALAD  
TROPICAL FRUIT, MILK

SWEET & SOUR **19**  
CHICKEN NUGGETS  
Seasoned Rice, Celery Sticks  
Cherry Tomatoes,  
Orange Halves, Milk

FISH SANDWICH **20**  
LEAF LETTUCE & TOMATO  
OVEN FRIES, COLESLAW,  
RED BELL PEPPER STRIPS  
APPLE, MILK

BEAN & BEEF BURRITO **23**  
SALSA, SEASONED CORN  
ROMAINE & TOMATO  
BANANA, MILK

STROMBOLI SQUARES **24**  
GARDEN SALAD  
BABY CARROTS  
DICED PEACHES, MILK  
(9-12) GARLIC BREADSTICK

BBQ BEEF ON A BUN **25**  
BAKED BEANS  
GREEN PEPPER STRIPS  
TREASURE SALAD  
MILK (6-12) BROWNIE

COUNTRY BEEF PATTIE **26**  
POTATOES & GRAVY  
STEAMED BROCCOLI  
ORANGE HALVES,  
(6-12) ROLL & JELLY, MILK

TURKEY & CHEESE SUB **27**  
LEAF LETTUCE & TOMATO  
SWEET POTATO WAFFLE  
FRIES, APPLE QUARTERS  
MILK